

Heritage at Framingham Move-in Information

TELEPHONE SERVICE:

Please arrange several days in advance--- *Functioning of the Lifeline emergency response system is dependent upon working service.*

LOCAL SERVICE

- VERIZON 800.980.9999

ALTERNATE LONG DISTANCE COMPANIES

- RCN 800.RING RCN
- WORKING ASSETS 800.227.0298
- SPRINT 800.PIN DROP

CABLE TV

- COMCAST CABLE
 - **508.872.6300**
 - "Basic" service: 23 channels = \$11.50/month
 - "Standard": 75 channels = \$37.20/month

[Note: Heritage provides cable TV in numerous common areas at no charge as an alternative.]

NEWSPAPERS

- Metro West Daily News 508.626.3800
- Boston Globe 617.929.2000
- NY Times 800.631.2500
- Boston Herald 617.426.3000

MEDICAL SUPPLIES

- Harley Stephen Medical Supplies
50 Main Street, Ashland; 508.231-4744
- Byrne Home Health Center
16 Main St., Natick; 508.655.3656, 800.649.3656

PHARMACIES

- CVS, NOBSCOTT: 508.877.2600
- ANDREW'S PHARMACY: Weekly cost for delivery is \$3.00
PHONE: 781.235.1001 or 781.235.1250 or 877.235.1001
FAX: 781.239.0655

HOME CARE

- Homecare:
 - Homewatch Caregivers: Edgell Rd. , Patty Servaes, 508.626.1944
Home Instead Senior Care, Laurie Bender 888.377.4446
 - HouseWorks: Nicole Deaner 800.928.3393

MOVERS

- **Mark's Movers** : 800.966.MARK --- www.marksmoving.com
***Excellent history serving our families.
- **Transitions Liquidations/Moving** . Contact Marie LeBlanc . Phone: 617-513-0433;
marieleblanc@charter.net
Website: www.transitionsliquidation.com ***Excellent history.
- Seniors on the move 508.656.2786

VETERANS' ASSISTANCE

[Please Click on this Link to for a Listing of Veteran's Assistance Advisors](#)

MEDICAL SPECIALISTS

- **DR. VINCENT PERRELLI** 781.647.3040
Geriatric Specialist, Mt. Auburn Hospital
Dr. Perrelli makes house calls to residents' apartments at Heritage and Homestead . He is an excellent option to consider for a primary care physician.
- **DR. MOAK** 508.366.2106 Westborough , MA
- Geriatric Psychiatrist; specializes in Geriatric Medical Psychiatry.
Dr. Moak makes visits at Heritage and Homestead.
[http:// www.moakcenter.medem.com/ypol/user/user_Ma in.asp?](http://www.moakcenter.medem.com/ypol/user/user_Ma_in.asp?)
- **McLean Hospital:** James Ellison, MD, 800.333.0338; Geriatric Psychiatry Program - Evaluations and memory clinic, diagnosis and treatment
- **Natick VNA:** 508.653.3081
- **REHABILITATION:** Excella Healthcare; 888.607.3422 or 888.60-REHAB

GENERAL PRACTICIONER, MDs

Please ask our nurses for the latest suggestions

GERIATRIC CARE MANAGERS

They can help coordinate services and help guide you through difficult decisions or just help your mom or dad deal with any feelings of depression, loss, etc.

- Emily Saltz, Elder Resources, 617.928.0200, esaltz@eldres.com
- Sally Kaitz, 508.650.3879; www.kaitzandsiegel.com
- Generations-All About Elders; Esther Rothkopf at 617.739.1693
24 hour service is provided in emergencies. www.allaboutelders.com
- CJP Senior Direct 800.980.1982 for free expert advice, www.cjpseniordirect.org
- Debbie Gitner, 508.879.7008, www.eldercareresourceservices.com
- Martha Bass, Jewish Family Services of Metrowest, 508.875.3100 or mbass@jfsmw.org

ELDERCARE ADVICE, ATTORNEYS & FINANCIAL PLANNERS

For professional, free elder care advice call CJPseniorDirect; 1.800.980.1982
www.cjpseniordirect.org Marjorie Raskin at Combined Jewish Philanthropies will provide personalized help when you call.

Moschella & Winston, Alex Moschella, Esq. 617.776.3300 X 113; alm@moschellawinston.com -
www.moschellawinston.com . Help with financial planning, Health Care Proxy, Power of Attorney, etc.

Tri-Boro Benefits Group, Giraud Gross, CLU, CSA, CLTC 508.366.2266;
Gerry@MetroWestSeniors.com; www.MetroWestSeniors.com GerryGrossLTC.com

BANKING & NOTARY PUBLIC

Onsite banking hours with Bank of America are currently from 9am-10:30am Mon. and Weds.
This is a branch like any other. Our Bank of America representative is Barbara Matarazzo. She may be contacted at: 508.877.4524 or Barbara.j.matarazzo@bankofamerica.com Barbara is also a notary public.